

# Meadowlark Notes

May 2016



## Older Americans Month 2016 “Blaze a Trail of Giving” Food Drive

May is Older American’s Month, acknowledging the talent, vitality, and contributions of older adults to our nation. The 2016 theme is **Blaze a Trail**. The members at Meadowlark Senior Center will take this time to help those in need by collecting food items during the month. Watch for a bin in the MSC lobby for donations of canned fruits and vegetables, tomato sauces, pasta, canned meats, boxed mac n’ cheese and cereals, packaged cookies and crackers, and other nonperishables.

Be a rainbow in somebody else’s cloud. — Maya Angelou

~ ~ ~ ~

## Older Americans Rock!



Kick up your heels and let loose for Older Americans Month. Come party with ice cream, friendship, and music by *The Starlighters* at MSC’s rockin’ May celebration of **us**. Limit: 60

Thursday, May 26  
1:30 p.m. in the D/R  
\$2.00 payable at registration



The Meadowlark Senior Center and all other city facilities will be *closed* on Monday, May 30th for Memorial Day to honor those who died while defending the nation as members of our armed forces.



**Early Voting for Primary: May 21 — June 4 10:00 a.m. — 7:00 p.m.**

**Primary Election: June 7 7:00 a.m. — 7:00 p.m.**



Classes held in rooms 4 and 5 will be moved or cancelled due to early voting for the primary election and election day, June 7. Check at the front desk or with the group leader for specifics.

The Division of Senior Services’ Mission is to  
“**PROMOTE POSITIVE AGING**”

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## CLASSES WITHOUT FEES

**Registration is not required for classes without fees unless noted in the newsletter. Participation is on a first-come, first-served basis.**

## Health & Wellness

### High Energy Exercise

Because participants were permitted to register for three months at the beginning of the quarter, this highly popular exercise program is at capacity for the month of May. Please check the June calendar for possible openings.

### Low Intensity Exercise

For those who need to become more active. You may sign up for May and June. No visitors please. Limit: 30

Monday/Wednesday/Friday  
May 9—June 3  
No class Monday, May 30  
8:50-9:50 a.m. in the D/R  
\$15 payable at registration

### Enhance Fitness

Improve your balance, flexibility, bone density, coordination, endurance, and strength. Join us for 16 weeks of fun and exercise in this evidence based program. All levels of activity are welcome. A fitness test must be completed before beginning class. Your fitness test appointment will be scheduled when you register. Limit: 30

Pre-testing of new participants and post-testing of those participants who completed the recent session will be Monday, May 16 at 2:00-4:00 p.m. in Room 4. No appointment necessary – first come, first served.

Monday/Wednesday/Friday  
May 18–September 12  
10:00–11:00 a.m.  
\$10 payable at registration



## Registration Process

- ♦ This month **Registration is Thursday, May 5** from 9:00-10:00 a.m. It will resume at 11:00 a.m. at the front desk. **Phone-ins will be accepted starting at 1:00 p.m.**
- ♦ Numbers will be given out at the Lobby Desk beginning at 8:00 a.m. on a first-come, first-served basis. Persons must be in line to receive a number. A list of names will not be accepted.
- ♦ You must show your current membership card to receive a number.
- ♦ A MEMBER can register for oneself and one other MEMBER, **no exceptions** allowed and the person registering must show **both** membership ID's.
- ♦ **Please Bring Correct Change. No large bills will be accepted.**
- ♦ Make checks payable to the *City of Rio Rancho*.
- ♦ If you are registered for a trip or activity and must cancel, please inform the front desk as soon as possible. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled by MSC.
- ♦ Registration is accepted 8:00 - 5:00 p.m., Monday through Friday following registration.

### Attention:

Inclusion for special needs populations is standard for all Senior Services programs. If special accommodations are required, please inform staff upon registration.

### **Zumba Gold**

Zumba Gold is an exhilarating, Latin-inspired, easy to follow, low-impact, dance fitness party. It is designed for active, older participants. Limit: 35 Minimum: 10

Tuesdays & Thursdays  
May 10, 17, 19, 24, 26, & 31  
7:45-8:45 a.m. in the D/R  
\$10 payable at registration

### **Ageless Yoga**

Stay flexible, maintain muscle strength and keep joint mobility. Classes include gentle movements, breathing practices, and relaxation. Bring a yoga mat and beach towel. These classes are open to those in generally good health. No prior experience is required. Limit: 15

Monday, May 9 & 16  
No class Monday May 23 or 30  
12:30-1:45 p.m. Rooms 4 & 5  
\$16 payable at registration

### **Gentle Yoga**

Class includes stretching and breathing in gentle yoga poses ending with quiet meditation. Bring a yoga mat, flat blanket, and a bottle of water. Must be able to get up from the mat. Limit: 15

Tuesday, May 10, 17, 24 & 31  
4:00-5:15 p.m. in the D/R  
\$31 payable at registration

### **Chair Yoga for Balance & Flexibility**

This class offers poses while seated and standing to improve balance and flexibility. Learn breathing techniques to promote relaxation and to increase energy. Bring a bottle of water. Limit: 12

Wednesdays, 10:00 a.m.-11:00 a.m.  
May 11 & 18 in Room 4 & D/R C  
May 25 & June 1 in D/R C  
\$31 payable at registration

### **Salsa Dance Lessons — No Fee**

Connie Salus will teach you the basics of this energetic Latin dance. No partners needed. You must attend all classes. You'll have so much fun, you won't even realize you're working out! Start signing up on registration day after 9:00 a.m. at the front desk. Limit: 30

Thursday, May 12 & 26  
9:00-10:00 a.m. in the D/R

### **Massage Therapy**

Lower your blood pressure, improve your circulation, help cleanse your lymphatic system, and feel relaxed. Limit: 4 per day—sessions are 45 minutes each.

Tuesday, May 10  
Thursday, May 19  
9:00 a.m.-3:00 p.m. in Room 6  
\$42 payable at registration

### **Meditation — No Fee**

Meditation brings about mental calmness and physical relaxation. Some have called it "the gentle art of silence." Maya D'Antoni will guide you through this hour of self-healing. Limit: 10

Wednesday, May 11  
9:00-10:00 a.m. In Room 2

## **Services & Support**

### **Alzheimer Support Group — No Fee**

Join the New Mexico Chapter of the Alzheimer's Association support group at MSC. This is for caregivers of loved ones with any form of dementia. No sign-up necessary. Limit: 10

Monday, May 2  
10:30 a.m.-12:00 p.m. in Room 8

### **Grief & Loss Support Group — No Fee**

Open to all who are dealing with loss of dreams and hopes, divorce or loss through death. Limit: 10

Every Wednesday  
10:30-11:30 a.m. in Room 8



### **Blood Pressure Screening — No Fee**

Have your blood pressure checked **free of charge** by our volunteers that are retired medical personnel. You'll receive a **free** record card for tracking your blood pressure and heart rate.

Monday through Friday, contingent upon volunteer availability.  
9:30-11:30 a.m. in the Conference Room

**Need Help Finding Resources? — No Fee**

Susan Greenbaum will meet with you on a first-come, first-served basis to assist with, or provide referrals for, finding community resources for financial, housing, medical, social, and family issues. Sign up at the front desk. Limit: 6 per day

Monday, May 2, 9 & 16  
1:30-4:30 p.m. in Room 6

**Property Tax Assistance — No Fee**

Cynthia Saiz of the Sandoval County Treasurer's Office will meet one-on-one to assist with property tax questions and payments. First-come, first-served. Limit: 10

Thursday, May 5  
8:30-10:30 a.m. in Room 6

**Medicare Benefits Counseling**

No meetings at MSC for the month of May. For information or assistance call: 1-800-432-2080

**Rio Eyecare — No Fee**

Rio Eyecare offers free, minor, eye glass adjustments or repairs. Limit: 6

Tuesday, May 17  
10:30-11:00 a.m. in Room 6

**Senior Citizen Law Office — No Fee**

Meet briefly with an attorney on a first-come, first-served basis to discuss legal questions. Due to funding requirements, this program is designed to assist low to moderately low-income seniors. Sign up at the front desk. Limit: 15

Thursday, May 19  
12:45 p.m. in the Conference Room

**Financial Consultation — No Fee**

Vicki Van Horn, MBA, Certified Financial Planner will discuss financial issues, tax issues, estate planning, investments and more. Sign up at the front desk for a 30-minute meeting. No products or services are sold. Limit: 6

Friday, May 27  
1:00-4:00 p.m. in the Conference Room

**Albuquerque Hearing and Balance — No Fee**

Carol Clifford, Au.D, CCA-A, FAAA provides complimentary services: electroacoustic testing, hearing screenings, hearing aid cleanings and repair evaluations. For more information call 890-0003. Sign up at the front desk. Limit: 12

Monday, May 23  
12:00-1:30 p.m. in Room 6

**Employment Assistance — No Fee**

Are you searching for a job and need help on the computer with a resume, cover letter, applications or job search? Or would you simply like to brush up on your interview and presentation skills? The 50+ Employment Connection, sponsored by The NM Aging & Long-Term Services Department, offers one-on-one assistance. Contact Patricia A. Corriz at [patriciaa.corriz@state.nm.us](mailto:patriciaa.corriz@state.nm.us) or 505-629-7080 to schedule an appointment.

Monday, Wednesday or Friday  
By Appointment  
9:00-12:00 p.m. in Room 6

## Arts & Crafts

**Arts & Crafts Connection — No Fee**

Join other artists and crafters to exchange ideas, meet new people, and share your talents. In May participants will explore paper art collage using color paper, different textures, and prints. Some paper will be supplied. Bring scissors, glue, and any paper you find unique. Limit: 14

Monday, May 2, 9, 16 & 23  
No class Monday, May 30  
12:30-2:30 p.m. in Room 2

**Oriental Brush Painting — No Fee**

Anyone of any culture who is interested in this delicate art is welcome to come learn, share, and create. Limit: 12

Every Thursday  
12:30-2:30 p.m. in Room 2





## Beginning Crochet

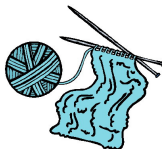
Beginners learn to crochet with the basic chain stitch, master single crochet and double crochet. Bring a ball of worsted yarn in a light color, a G, H & I crochet hook, scissors, and a darning needle for yarn. No experience necessary. No signups after May 9. Must attend the first class. Limit: 7

Monday, May 9, 16 & 23  
No class Monday, May 30  
9:30-10:30 a.m. in Room 8  
\$2.00 payable at registration

## Beginning Knitting

Beginners learn this age-old art. Bring a pair of knitting needles and worsted yarn in a light color for the first class. No signups after May 9. Must attend the first class. Limit: 7

Monday, May 9, 16 & 23  
No class Monday, May 30  
10:30-11:30 a.m. in Room 8  
\$2.00 payable at registration



## Art with Colored Pencil

For those who feel comfortable working in pencil — consider watercolor colored pencils. A discussion about colored pencils and paper will be given and a variety of projects. Any questions? Call Instructor Dale Reid at 205-1279. Limit: 12

Wednesday, May 11, 18, 25 & June 1  
12:30-2:30 p.m. in Room 2  
\$33 payable at registration

## Calligraphy – Italic Style

Learn how to create elegant cards and invitations or embellish your art in this class of skill. Beth House will instruct in the Italic style, which was developed by 15th century Italian scribes during the Renaissance. Limit: 15

Thursday, May 12, 19, 26 & June 2  
1:15-2:45 p.m. in D/R C  
\$2.00 payable at registration  
\$12.00 payable to the instructor for class materials., except students who purchased supplies for the previous class

*Calligraphy*

## Fiber Arts — No Fee

Learn about and work on many different types of fiber arts projects. Bring a project, join this creative group, and have fun! Limit: 14

**CANCELLED**

## Computers/Technology

### Excel for Beginners

Learn to use Microsoft Excel to create a basic spreadsheet. Use basic Add, Subtract, Multiply and Divide formulae, and the format function to create a checkbook balance spreadsheet, and more. We now use Office 2013 for this class, but training will be beneficial for older versions.

Instructor: Pete Agrusa. Limit: 8

Thursday, May 12  
1:00-5:00 p.m. in Room 1  
\$5 Payable at registration  
\$5 Payable to instructor (no checks)

### Digital Camera Computer Users

Bring your camera, photos on a flash drive, questions and issues about the use of digital cameras. Come to share photos, learn from others, and have fun. Limit: 12

Wednesday, May 18  
6:30-8:30 p.m. Room 1



### Word for Beginners

Learn to use Microsoft Word to create a document and perform basic Word functions—format, print, save, copy, cut, paste and more. We use Office 2013 for this class, but training will be beneficial for older versions. Limit: 8

Thursday, May 26  
1:00-4:45 p.m. in Room 1  
\$5 payable at registration  
\$5 payable to the instructor (no checks)

### Open Computer Lab

Check your email, practice class lessons, or just browse the web. Open Lab sessions are a great way to improve your computer skills because practice makes perfect! A “helper” is available; however, this is not an instructional class. Limit: 12

Monday, Wednesday and Friday  
9:00 a.m.-12:30 p.m. in Room 1  
May 2016, Volume 32, Issue 5

## Activities

### Open Discussion Group — No Fee



Join fellow MSC members for stimulating conversation on current events or anything of interest. Bring some provocative topics to get us talking.

Limit: 16

Friday, May 6, 13, 20 & 27  
10:00-11:45 a.m. in Room 5

### Duplicate Bridge — No Fee

Duplicate bridge is a competitive form of bridge in which the same hands are played successively by different partnerships. Bring your skills for challenges and fun. Experienced bridge players are welcome. Contact Ralph Hauke for more information: 897-2156.

Every Tuesday  
6:00-9:00 p.m. in Room 5

### Comedy Cabana — No Fee

Join this fun group and practice your comedic talents—standup comedy, skits and magic. Contact Ronda Reed at [scrrjr66@gmail.com](mailto:scrrjr66@gmail.com) or Lloyd at [lloydfriedman@gmail.com](mailto:lloydfriedman@gmail.com). Limit: 15

Monday, May 2 & 16  
2:00-4:30 p.m. in Room 5

### Book Club — No Fee

Discuss great books with others who are passionate about literature. In **May** the group will discuss *The Boys in the Boat* by Daniel James Brown. The **June** selection will be *The Glass Castle* by Jeannette Walls. Limit: 15

Tuesday, May 10  
1:00-3:00 p.m. in Room 8



### Geocaching — No Fee

Geocaching is a high tech form of treasure hunting. Join this group and discuss latest finds, most challenging finds, and how to hide your caches. Prior knowledge is not required, just a willingness to learn and a desire to have a good time! Limit: 15

Wednesday, May 18  
10:00-11:30 a.m. in Room 5

### Couples Dance the Two-Step

Learn the steps and rhythm, as well as frame and hold, and lead and follow techniques of progressive two-step partner dancing. This class is for dancing pairs, so participants must sign up with a partner. Minimum: 3 couples. Maximum: 5 couples

Wednesday, May 11 & 25  
5:00-6:00 p.m. in the D/R  
\$4.00 per couple payable at registration



### Driver Safety

**REGISTRATION IS REQUIRED.** Please bring your driver's license and AARP membership card to the class if you have one. Snacks permitted. Sign up at registration. Limit: 40

Wednesday, May 18  
1:15-5:15 p.m. in the D/R  
\$15 for AARP members  
\$20 for non-AARP members payable to the instructor (No credit cards accepted)



### New Mexican Folk Social Latin Dance

Dance Instructor Frances Lujan will teach the fundamentals and fun of New Mexican and Latin Dance. Women must have a flared skirt, and both men and women must wear hard-soled shoes and comfortable clothing. No prior experience is necessary. Minimum: 10 Maximum: 20

Wednesday, June 8, 15, 22 & 29  
6:30-7:30 p.m. in the D/R  
\$30 payable at registration

## Entertainment

### Country and Western Music — No Fee

Enjoy toe-tappin' tunes on Fridays at 1:15 p.m. in the Dining Room.



### May Movie: *Brooklyn* — Nominated for Best Picture, Best Actress, Best Screen Play

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. Rated: PG-13 Running time: approx. 1 hours & 50 minutes Limit: 50

Wednesday, May 4  
1:15 p.m. in the D/R  
\$1.00 payable at the door



### Birthday Bash!

Celebrate May birthdays with cake, provided by Presbyterian Health Group, and entertainment by D.J. Tommy. Come ready for some singing and dancing. **Your birthday doesn't have to be in May to join the fun!** Limit: 60

Wednesday, May 11  
1:30 p.m. in the D/R  
\$1.00 payable at the door



## Speakers/Presentations

### Rock Talk from the AGMC

Beautiful stones never cease to fascinate. Come hear some "rock talk" from Earlene Shroyer, of the Albuquerque Gem and Mineral Club (AGMC). Earlene will be accompanied by several rocks and minerals and will share their stories. Limit: 40

Tuesday, May 3  
1:15 p.m. in the D/R



### Master Gardeners — Container Gardening Tips and Techniques

Container gardening makes it possible to garden in almost any location. Master Gardener Eydie Francis will discuss how to choose containers, soil, and the best plants to grow using this method. Limit: 40

Tuesday, May 3  
7:00 p.m. in the D/R

### Owls: Up Close

Who? Who? Whooo is that calling in the night? Join Gail Garber and staff of **Hawks Aloft** as they venture into the world of owls of North America. Learn how different owls have adapted to their unique habitats. Laugh along as Gail and her crew tell stories of their owl adventures. See a live owl up close, and view some amazing photographs. Limit: 40

Thursday, May 12  
1:15 p.m. in the D/R  
\$1.00 payable at registration



### Traditions and Folklore of New Mexico

Educator Carmen Garcia will discuss the rich history of St. Francis Cathedral, the most famous church in New Mexico. This month's historical figure is J. Robert Oppenheimer, who had an immense role in shaping a "new" New Mexico. The folklore focus will be musical games played during territorial New Mexico. Bilingual traditional songs will be performed by Frank and Helen Ortiz. Limit: 50

Tuesday, May 17  
1:15 p.m. in the D/R

### Tool Time at MSC — Pruning

With spring comes yard work. Yasmine Ortiz from Lowes will share tips on the proper equipment and how to use it for keeping trees and bushes looking fine. Limit: 15

Thursday, May 19  
1:15 p.m. in Room 8

### You're a Grand Old Flag!

Retired EMS Captain Mike McInerney will discuss the history of our nation's flag. Mike will be accompanied by first responders wearing uniforms representing different eras of the stars and stripes. Come share in honoring the Red, White and Blue! Limit: 40

Tuesday, May 24  
1:15 p.m. in the D/R



#### Photo Policy

*By participating in classes, activities, clubs, trips & other programs at MSC, you are agreeing to permit photos and videos to be taken and possibly published.*

## Intestinal Disorders

The human digestive system is a marvel when it's functioning properly but can bring unpleasant consequences when it's not. A Walgreens Pharmacist will discuss intestine disorders, what to do about them, and how to stay healthy.

Limit: 40

Wednesday, May 25  
1:15 p.m. in the D/R

## Hikes/Trips/Outings

### IMPORTANT TRIP INFORMATION

- Check-in on the east side of MSC.
- Van seating is first-come, first-served.
- All trips are weather conditions permitting.
- ***Please be sure to advise staff/volunteers of special needs such as walkers or wheelchairs during registration.***

### FOR ALL HIKES/WALKS

- ***Park on the far south-east corner of MSC parking lot.***
- Wear layered clothing to adjust to changing temperatures.
- Bring a hat, sunglasses, at least a quart of water, an energy bar for short walks, and lunch for hikes.
- Rain gear is suggested.
- Hiking boots **ARE REQUIRED** for hikes!
- Hike leaders may make adjustments in the hike as needed.
- **Participants are required to stay together throughout the walk/hike.**

### Symbol Legend

Extended amounts of walking during the trip.



**Sack Lunch/Snack Recommended**



Home pickup/drop off \$1 each way.  
Available to Rio Rancho residents needing transportation for trips when Rio Metro is



## Mid-Day Munchers – The Freight House

Owned by the folks who brought us The Range Café, this new Bernalillo restaurant is a stick-to-your-ribs diner's delight. Dishes include three-bean bison chili, fried chicken and waffle, shrimp and grits, smoked bison meatloaf, maple-roasted butternut squash, green chili-corn mac 'n cheese, and green chili-cheddar grits. Individual billing, major credit cards accepted, but no personal checks. Limit: 12

Monday, May 9  
Depart MSC at 11:15 a.m.  
\$5.00 payable at registration



## Hike: Rattlesnake Ridge Ruins

Hike amidst the mysterious ruins of the Gallina Pueblo people. Little is known about the Gallina culture and people, but evidence indicates they built the structures around 1,000 A.D. and may have abandoned the area sometime in the 1,200s. Their mark on history remains, allowing visitors to explore and wonder. Distance: 3 miles. Elevation: 7,500 feet. Difficulty: Moderate Some very steep sections. Limit: 12.

Thursday, May 12  
Depart MSC at 7:30 a.m.  
\$13.00 payable at registration



## Trail Trekkers Light Hike: Piedras Marcadas Canyon – Petroglyphs National Monument

The Trail Trekkers will hike the Piedra Marcadas Canyon, part of Petroglyphs National Monument where carvings can be seen along the trail and canyon walls. This trek offers a great look into "caveman graffiti" and the distant past. In some areas, lava rock blocks the trail, which is sandy with loose gravel. Bring a sack lunch, plenty of water, and (if desired) a camera. Closed-toed shoes or boots are a must. Absolutely no sandals allowed. Hike Distance: 3 miles round trip. Difficulty: Easy to Moderate Limit: 12

Tuesday, May 17  
Depart MSC at 9:00 a.m.  
\$3.00 payable at registration





### Hike: Ceja Pelon

Explore intriguing sandstone formations, extensive colorful badlands, and the largest collection of petrified wood in New Mexico. Bring your camera to capture some amazing images of this majestic place. Distance: 4.4 miles. Elevation: 7,200 feet. Off-trail hike over rough terrain with steep pitches. Hiking poles recommended. Difficulty: Moderate Limit: 12

Thursday, May 19

Depart MSC at 7:30 a.m.

\$11.00 payable at registration



### Baseball Fever!

The Isotopes take on the New Orleans Zephyrs. Get into the spirit of the season, and come on out to cheer for our New Mexico team! Limit: 12

Friday, May 20

Depart MSC at 6:15 p.m.

\$19.00 payable at registration



### Lions and Tigers and Bears!

May is a great month to be outdoors, and what better place to convene with nature than the Albuquerque Zoo. Elephants, white rhinos, orangutans, hippos, snow leopards, Mexican gray wolves, tropical birds and fascinating reptiles are among the many creatures, great and small, at this 64-acre menagerie. Enjoy lunch at the zoo's cafés at your own expense. Be prepared for extended walking. Limit: 12

Friday, May 27

Depart MSC at 9:00 a.m.

\$5.00 payable at registration

\$4.50 payable at the door (65+)

\$9.00 payable at the door (under 65)



### Dinner Club: Black Angus Steakhouse

Enjoy Black Angus beef, aged a minimum of 21 days for maximum tenderness and depth of flavor. They're grilled over an open flame to sear in that under-the-stars, over-the-campfire flavor and brushed with butter for extra richness. Or choose from other options, such as chicken, ribs, pork chops, a variety of salads, wild rice, or Angus's signature au gratin potatoes. Individual billing, major credit cards accepted, but no personal checks. Limit: 12

Monday, May 23

Depart MSC at 4:30 p.m.

\$7.00 payable at registration



### Welcome to FossilWorks @ NM Museum of Natural History & Science

Join this Paleontologist-guided tour through the museum's FossilWorks exhibition, where trained volunteers demonstrate the painstaking process of Paleontological preparation of fossils discovered in the field. The exhibition also features text and illustrations about fossilization and Jurassic Period dinosaurs. Limit: 8

Wednesday, May 25

Depart MSC at 12:45 P.M.

\$2.00 payable at registration



### Intel Tour with lunch at Los Cuates

Learn about the engineering and manufacturing of computers with a guided tour of Intel. Be prepared to walk and stand during the tour. Afterwards, enjoy lunch at Los Cuates Restaurant at your own expense. Limit: 12

Tuesday, May 31

Depart MSC at 9:45 a.m.

\$4.00 payable at registration

### Play: *The Judy Garland Story* at the Desert Rose Playhouse.

An original musical honoring Judy Garland, one of the brightest, most tragic movie stars of Hollywood's Golden Era. Enjoy classic Judy Garland hits such as I Got Rhythm, Get Happy, and Over the Rainbow. Be prepared to possibly climb stairs. Limit: 12

Friday, June 24

Depart MSC at 7:00 p.m.

\$16.00 payable at registration



### Play: *Guys and Dolls* at the Rodey

*Guys and Dolls* brings together the unlikely Manhattan couple -- a high-rolling gambler and a female missionary in the Salvation Army. With memorable music and lyrics, this romantic comedy tells of con-man Nathan Detroit's efforts to find new life for his notorious crap game through a bet that ends in love. This classic production won the Toni Award for Best Musical. Limit: 12

Sunday, July 24

Departs MSC at 1:00 p.m.

\$23.00 payable at registration



## Be Safer with Silver Alert

**NOTICE TO CAREGIVERS:** *Silver Alert* is a notification system sent out statewide when a person 50 years or older with dementia goes missing. The individual's basic information and photograph are downloaded to a flash drive and given to that person's caregiver for safekeeping. In the event the person is missing, the flash drive is given to the Rio Rancho Police Department and a Silver Alert is issued. The program is sponsored by the Rio Rancho Police Department, the Sandoval County Sheriff's Office, and the Meadowlark Senior Center.

Contact the front desk at 891-5018 for a Tuesday-morning appointment. No Fee.

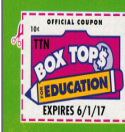
## Billiards

The pool room is **open** to MSC members Monday, Thursday and Friday 8:00 a.m. to 4:45 p.m. Tuesday and Wednesday, 8:00 a.m. to 8:45 p.m. (The pool room is closed from 8:30 - 10:30 a.m. the first and third Tuesday of every month for pool table cleaning and maintenance.)

The pool room also will be closed from 8:00 a.m. to noon June 2nd due to early voting and MSC registration.

## Paid Advertisements

**WANTED: Empty Ink Cartridges**  
Bring them to the front desk or computer lab.  
Meadowlark redeems them for office supplies  
*Thank you!*



## Box Tops for Education

MSC is collecting *Box Tops for Education* for Martin Luther King, Jr. and Rio Rancho Elementary Schools for school supplies. Drop off your clipped coupons in the container by the front desk. Thank you!

## BUENA VISTA APARTMENTS

ACTIVE ADULT COMMUNITY  
1&2 Bedrooms • Heated Spa • Pool • Community Activities  
**505-896-8959**

## Paid Advertisements



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[info@harmonyresidentialcare.com](mailto:info@harmonyresidentialcare.com)

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*Winner of Service Excellence Award*

### MSC Hours of Operation

Mon. Thu. & Fri. 7:30 am - 5:00 pm

Tue. & Wed. 7:30 am - 9:00 pm

Business Office Mon.- Fri. 8:00 - 5:00 pm

**891-5018**

## YOUR NEIGHBORHOOD COMPUTER MAN



*Old-fashioned, friendly  
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**We're available  
Monday – Saturday  
and we come to you!**

For anything computer or  
electronics related.

**Phone: (505) 508-2124**  
**E-mail: [info@yncm-abq.com](mailto:info@yncm-abq.com)**

\$56 per hour (1 hour minimum) plus a \$15 per-trip fee.

Ongoing Activities Available At MSC - No Registration Required, But Space May Be Limited:

Activity	Day	Time	Room #
Book Club	2nd Tuesday	1:00 - 3:00 p.m.	8
Basket Weaving Group <b>At Capacity</b>	1st & 3rd Tuesday	1:15 - 5:15 p.m.	2
Billiards	Monday thru Friday	8:00 a.m. - Close	Pool Room
Bridge (Beginner)	Monday	10:00 a.m. - 12:15 p.m.	D/R C
Bridge (Duplicate)	Tuesday	6:00 - 9:00 p.m.	5
Bridge (Contract)	Wednesday / Friday	12:00 p.m.- 3:00 p.m.	D/R C & 4
Bridge (Intermediate)	Every Tuesday	6:00 - 9:00 p.m.	D/R C
Bridge (Party)	Every Wednesday	6:00 - 9:00 p.m.	D/R C & 4
Canasta (Royale 1)	Every Monday	1:00 - 4:00 p.m.	8
Hand & Foot Canasta	Every Wednesday	12:30 - 4:00 p.m.	8
Canasta <b>At Capacity</b>	Every Thursday	12:00 - 4:00 p.m.	5
Ceramics	Monday / Friday	8:30 - 12:30 / 1 - 4:30	2
Chess Group	Every Friday	1:00 - 4:30 p.m.	1
Chinese (Oriental) Brush Painting	Every Thursday	12:30 - 2:30 p.m.	2
Computer Users Group	Every Thursday	9:30 - 11:30	1
Country & Western Music Group	Every Friday	1:30 - 3:30 p.m.	D/R
Cribbage	Every Friday	12:30 - 4:00 p.m.	5
Diabetes Support Group	2nd & 4th Wednesday	4:00 - 5:00 p.m.	5
Digital Camera Computer Group	3rd Wednesday	6:30 - 8:30 p.m.	1
Fishing Club	Every Monday	10:00 - 11:30 a.m.	4 & 5
Fly Tying	Every Monday	9:00 - 9:45 a.m.	D/R C
Genealogy	4th Monday	1:00 - 3:00 p.m.	1
iPad & Mac Users Group	Tuesdays	1:00 - 3:00 p.m.	1
Knitting & Crocheting	Tuesday/Thursday	9:00 -11:00 a.m.	3
Line Dance (Beg./Easy/Inter.) <b>At Capacity</b>	Every Tuesday	9:30 - 10:45 a.m.	D/R
Line Dance (Intermediate)	Monday	2:00 - 3:30 p.m.	D/R B
Line Dance (Intermediate)	Friday	9:30 -11:00 a.m.	D/R B & C
Mah Jongg	Every Tuesday	12:30 - 4:00 p.m.	5
Meadowlark Matriarchs	3rd Thursday	3:00- 5:00 p.m.	D/R
Memoir Presentation Group	2nd & 4th Thursday	1:15 - 3:15 p.m.	8
Memoir Writers Class	1st, 3rd and 5th Tues.	12:45 - 2:45 p.m.	3
Mexican Train Dominoes	Every Tue / Thurs	12:45 - 3:30 p.m.	4
Native New Mexico Club	3rd Thursday	9:15 -10:45 a.m.	D/R
Nostalgia Music Group	2nd & 4th Tuesday	1:15 - 3:00 p.m.	2
Open Studio (Art)	Every Tuesday	8:00 - 10:50 a.m.	2
Photo-Composition Group	1st & 3rd Monday	1:00 - 4:00 p.m.	1
Ping Pong Fun Play	Tuesday Wednesday Thursday	9:30 a.m.- 12:15 p.m. 3:00 - 5:00 p.m. 10:30 - 12:15/3:00 - 5:00	D/R C, 4 & 5 D/R B D/R C & 4 /D/R B
Pinochle (Intermediate, Single-Deck)	Every Tuesday	12:30 - 4:30 p.m.	D/R C
Pinochle (Double-Deck)	Every Friday	9:00 - 12:00 p.m.	8
Poetry	1st & 3rd Friday	1:00 - 3:00 p.m.	3
Poker (Men)	Tuesday and Thursday	11:00 a.m. - 4:30 p.m.	Card Room
Practical Guitar	Every Thursday	9:00 - 10:00 a.m.	4
Quilting	Every Wednesday	1:00 - 4:00 p.m.	5
Rio Rancho Stamp Club	1st & 3rd Tuesday	6:00 - 8:00 p.m.	8
Rock Hound Group (OFFSITE IN MAY)	2nd Thursday	9:00 - 10:30 a.m.	5
Scrapbooking <b>At Capacity</b>	Every Tuesday	11:00 - 1:00 p.m.	2
SketchUp	4th Wednesday	6:00 - 8:00 p.m.	1
Spanish (Beginning)	Every Thursday	2:45 - 4:45 p.m.	2
Spanish (Conversational)	Every Thursday	10:00 - 11:30 a.m.	2
Spanish (Elementary)	Every Friday	9:00 - 10:30 a.m.	4
Woodcarvers	Every Friday	9:00 - 11:30 a.m.	2

## **Meadowlark Notes**

A Publication of The City of Rio Rancho/Division of Senior Services  
Meadowlark Senior Center  
4330 Meadowlark Lane SE  
Rio Rancho, NM 87124

**Phone: (505) 891-5018** Fax: (505) 891-7288

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For uninterrupted delivery of your "Notes," check your  
label for the expiration date. Renew when due.  
If your label reads **5/16** this is your last issue.

### **Monthly Newsletter Winner**

Please return the  
"Remember  
to renew your  
membership" post  
card and you might  
win a free year of  
"Meadowlark  
Notes!"

**Congratulations  
to this month's  
"Notes" Winner:**

**Lael  
Wellington**

### **Thank you to our April Sponsors:**

Registration Refreshments:  
**Sun Tours**

Birthday Bash Refreshments:  
**Presbyterian Home  
Health Care**

**CABLE**  
**ONE.net**  
**High Speed Internet Service**

**Cable One, Rio Rancho provides  
complimentary service to the  
Meadowlark Senior Center Computer Lab.**

### **City of Rio Rancho Senior Services Advisory Board**

**Delores Williams**  
District One

**Frances Elizondo**  
District Two

**Dolores Power**  
District Three

**Steve Dietzel**  
District Four

**Andrew Hewes**  
District Five

**Carol Dooley**  
District Six

**Susan Greenbaum**  
At Large

Advisory Board  
meetings are on the 2nd  
Tuesday of each month  
at 1:15 p.m. in the MSC  
Dining Room.